RECIPES
for 15
SELECTED
CHEESE
DISHES

Why you should buy

BLUE CAP

The Perfect Cheddar

CHEESE

Rich, Creamy, Delicious

BLUE CAP

is selected as the choicest of all Empire Cheeses

Here is a real creamy Cheddar for you in packet form. Rich with the bounty of the finest Empire pastures, it is selected as the choicest of all the Empire cheeses.

There is no rind to be wasted and Blue Cap is always deliciously fresh in its silver packing. Above all it is a health food of great worth and satisfying as only a really nourishing delicacy can be; and more especially is it of value to children. Rich, creamy, delicious,—a cheese that melts in your mouth!

Offer Blue Cap as a surprise on your table to-day and see how everybody revels in this delightful cheese.

THE "BLUE CAP" INN.

Named after the famous Cheshire "Blue Cap" Inn, where customers were always sure of fine cheese,—so will Blue Cap customers always be sure of real satisfaction.

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Recipes for Housewives

For cooking purposes and sandwiches "Blue Cap" is sold in ½ lb. Blocks.

A new way with

TOASTED CHEESE or WELSH RAREBIT.

This is the simplest of all cooked cheese recipes, yet the result is delicious.

Place thin slices of Blue Cap Cheese on buttered toast, sprinkle with a little cayenne or other pepper to taste, and cook under the griller until it begins to brown. It should be served and eaten immediately. Cut into small pieces, this makes an ideal and quickly prepared savory.

CHEESE SAUCE.

2 *ozs. butter*
3 *or* 4 *ozs. Blue Cap Cheddar Cheese*
¾ *pint milk*
1½ *ozs. flour*
Pepper, salt

Chop finely or shred the cheese, melt the butter, stir in the flour, add the milk, bring to the boil, stirring to prevent lumps forming. Allow to simmer for 10 minutes, add the pepper, salt and lastly stir in the shredded cheese.

BAKED CHEESE PIE.

2 *slices bread about ¼ inch thick*
3 *ozs. breadcrumbs*
1 *pint milk*
1 *egg*
Little salt
4 *ozs. Blue Cap Cheddar Cheese*
1 *medium sized onion*
1 *teaspoonful Brands A.1. Sauce*

Cut the two slices of bread and dip into the milk. Beat up egg, add milk, salt and A.1. Sauce. Butter pie-dish, put in layer of bread, then finely chopped or shredded cheese and chopped onion. Pour in mixed milk and egg; continue adding alternate layers of egg, milk, cheese and onion. Place the four pieces of bread on top, sprinkle with grated cheese and bake until golden brown.

BLUE CAP CHEESE AND RICE CROQUETTES.

1 cup Blue Cap Cheese shredded or finely chopped
2 cups cold boiled rice
1 egg
1 cup milk
¼ cup butter or margarine
⅓ cup flour
Salt and pepper

Melt the butter, add flour and milk, making a thick white sauce. Stir in cheese until melted, and add seasoning. Mix in rice when cool, and shape. Coat with breadcrumbs, and gloss with slightly beaten egg. Coat with crumbs again and fry in deep fat until golden brown.

MACARONI CHEESE.

4 ozs. macaroni broken into small pieces
1 oz. butter
½ oz. flour
½ pint of milk
2 ozs. Blue Cap Cheese
Made mustard
Salt and pepper
Breadcrumbs

Place a saucepan holding about 1 quart of water on the fire ; when boiling add 1 teaspoonful of salt and 4 ozs. of macaroni broken into small pieces, and cook until tender, but not too soft. Make a sauce by blending butter and flour together over the fire, add milk and stir until boiling, put in cheese, macaroni, made mustard, salt and pepper to taste. Turn the mixture into a greased piedish ; sprinkle the surface with brown breadcrumbs and shredded or finely chopped cheese, and bake in a brisk oven for about 10 minutes.

TOMATO RAREBIT.

2 tablespoons butter
2 tablespoons flour
¾ cup milk
¾ cup stewed and strained tomatoes
2 eggs slightly beaten
⅛ teaspoon bicarbonate of soda
½ cup Blue Cap Cheese shredded or finely chopped
Salt, mustard and pepper

Make a sauce by melting the butter and adding flour and milk. When the mixture thickens stir in tomatoes and soda. Add eggs and seasoning. Stir in cheese, and when melted serve immediately on toast.

SCRAMBLED EGGS WITH CHEESE.

¼ *lb. Blue Cap Cheese shredded or finely chopped*
¼ *cup milk*
4 *eggs*
Dessertspoon chopped parsley
Salt and pepper to taste

Lightly beat eggs before adding remaining ingredients, then cook slowly with constant stirring in a well-buttered saucepan. Serve on toast.

BAKED POTATOES AND CHEESE.

6 *large baked potatoes*
⅓ *cup hot milk*
2 *teaspoons salt*
¼ *lb. Blue Cap Cheese, shredded or finely chopped*

Halve potatoes and scoop out centres. Beat up cheese and hot milk until smooth, add scooped-out potato and whip into a cream. Bake mixture in potato shells for ten minutes.

MILK AND CHEESE SOUP.

3 *cups milk*
1½ *tablespoons butter*
1½ *tablespoons flour*
Salt and pepper.
¼ *lb. Blue Cap Cheese, shredded or finely chopped*

Add flour and seasonings to melted butter, add milk, and cook well. Just before serving add cheese.

CHEESE BISCUITS.

6 *water biscuits*
Shredded or finely chopped Blue Cap Cheddar Cheese
Butter
White pepper
Krona pepper

Spread water biscuits with butter, sprinkle them liberally with cheese, season well with white pepper, and, if convenient, add also a little krona pepper. Place the biscuits in a moderate oven until the cheese melts, then serve them as quickly as possible.

CHEESE OMELET.

2 *eggs*
1 *tablespoonful shredded or finely chopped Blue Cap cheese*
1 *tablespoonful milk*
Salt and pepper
1 *oz. clarified butter*

Whisk eggs well, then add cheese, milk, and a little salt and pepper. Have clarified butter ready, heated and well skimmed in an omelet pan, pour in the egg mixture and stir over the fire until the eggs begin to set. Now fold one half over the other, making it crescent-shaped, or fold the sides towards the middle in the form of a cushion. Allow the omelet to brown slightly, then turn it on to a hot dish, and serve immediately.

CHEESE SANDWICHES.

Blue Cap Cheese
Butter
White or brown bread
Anchovy essence or paste
Salt and pepper, cayenne

Make a smooth paste by pounding cheese, butter, anchovy essence and seasoning together. Spread between thin slices of bread and butter.

COD AU GRATIN.

8 *ozs. cooked cod*
2 *ozs. flour*
1 *tablespoonful bread-crumbs*
2 *ozs. butter*
2 *ozs. shredded or finely chopped Blue Cap Cheese*
1 *pint milk*

Flake the fish, remove any skin and bone. Melt the butter and blend in the flour, add the cold milk, stir whilst bringing it to the boil, then simmer for 10 minutes. Add the pepper, salt and flaked cod, or any other white fish, and cheese, reserving a little for the top. Pour into small individual fireproof dishes or one large au gratin dish, mix the breadcrumbs with the remaining cheese, sprinkle on the top and brown under the grill or in a very quick oven.

CHEESE CAULIFLOWER.

2 *ozs. flour*
3½ *gills milk*
1 *Cauliflower*
Little made mustard
3 *ozs. shredded or finely chopped Blue Cap Cheese*
Pepper and salt

Boil the cauliflower in salted water. Meanwhile prepare the following sauce. Melt the butter in a saucepan, stir in the flour, add the cold milk, bring to the boil, simmer for ten minutes, add pepper, salt and mustard, and lastly the shredded or finely chopped cheese, reserving a little to sprinkle on the top. When cooked strain the cauliflower and place in a pie dish or au gratin dish, pour over the cheese sauce, sprinkle a little shredded or finely chopped cheese on top and brown in a quick oven or under a grill.

CHEESE SOUFFLE.

3 *ozs. shredded or finely chopped Blue Cap Cheese*
1 *oz. of butter*
1 *oz. of flour*
2 *eggs*
¼ *pint milk*
Cayenne
Salt
Clarified butter

Coat a soufflé mould well with clarified butter or good fat and tie round it a well greased, thickly-folded piece of paper to support the soufflé when it rises above the level of the tin. Melt butter in a stewpan, stir in flour, add milk, and boil well. Now mix in, off the fire, the yolks of eggs, beat well, then stir in cheese and add seasoning of salt and cayenne to taste. Whisk the whites of eggs to a stiff froth, add them lightly to the rest of ingredients, pour the preparation into the soufflé tin, and bake in a hot oven from 25 to 30 minutes. Serve in the tin in which it is baked, and if not provided with an outer case, pin round it a napkin (previously warmed) and send to table quickly.

With acknowledgments to "Mrs. Beeton's Cookery" and "The National Cookery Book."

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